



Autumn Newsletter - March 2023



Annual Rabbit Island Picnic

Once again we had a wonderful turnout at our annual Picnic at Rabbit Island in January. It was so nice to sit in the warm sun and watch everyone relaxing, enjoying each other's company, making new friends and listening to the lively music that one of our families provided. Thanks to everyone who came along and joined us.

Educational Dementia Immersive Experience (EDIE)

We were delighted to have Lyneta Russell from Alzheimers New Zealand join us this month to demonstrate 'EDIE' which is a program using state of the art virtual reality technology and equipment that allows users to see the world through the eyes of a person living with dementia mate wareware. EDIE is very real and very instructive and helps those who care and support people living with dementia to better understand the impact of dementia. It can change your perspective and open your eyes to the little things you can do to make a difference.

Two demonstration sessions were held with a mix of people from Carers and Managers of Residential Care Facilities, Needs Assessment Service, NBPH and other local organisations who support older people joining in with our Staff and Advisory Members to experience EDIE, with one participant commenting "This is possibly the best education session I've ever had."



<https://alzheimers.org.nz/explore/dementia-learning-centre/educational-dementia-immersive-experience-edie/>

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Like us on Facebook: [/www.facebook.com/alzheimers.nelsonnewzealand/](https://www.facebook.com/alzheimers.nelsonnewzealand/)

A dementia friendly New Zealand | Aotearoa, he aro nui ki te hunga mate wareware



MARCH is Brain Health Month, a global campaign to raise awareness of neurological conditions and bring public attention to the importance of brain research. Give your brain a workout by trying out these puzzles (riddle answers on pg. 6).



Ice Cream Flavors

C	A	S	A	H	O	K	E	Y	P	O	K	E	Y
O	T	E	T	N	U	T	A	E	E	I	C	S	T
T	B	C	C	R	T	C	O	O	C	A	N	K	A
T	U	O	H	A	A	U	E	T	A	R	S	C	Y
O	N	O	O	E	T	W	A	A	N	U	L	A	C
N	E	K	C	T	U	O	B	T	C	I	N	R	V
C	O	I	O	N	E	O	T	E	A	T	L	T	A
A	P	E	L	E	A	R	O	T	R	Y	R	E	N
N	O	D	A	E	C	E	R	A	C	R	O	S	I
D	L	O	T	R	E	E	S	E	S	T	Y	O	L
Y	I	U	E	G	G	F	U	D	G	E	W	O	L
U	T	G	S	I	A	N	A	N	A	B	E	M	A
E	A	H	T	U	N	O	C	O	C	I	A	O	N
L	N	N	N	T	D	A	O	R	Y	K	C	O	R

- COCONUT
- STRAWBERRY
- VANILLA
- FUDGE
- ROCKY ROAD
- COOKIE DOUGH
- NEOPOLITAN
- COTTON CANDY
- HOKEY POKEY
- CHOCOLATE
- MOOSE TRACKS
- GREEN TEA
- TIGER TAIL
- PECAN
- REESES
- BANANA



What is always in front of you but cannot be seen?

RIDDLES

WHAT IS HARDER TO CATCH THE FASTER YOU RUN?



**Repositioning
Dementia**

A new start

**One Day Conference – held both in person
and online at the National Library of New
Zealand, Wellington**

Thursday, 23rd March 2023, 9am-5pm.

Repositioning Dementia: A new start will mark the beginning of a new event series for Alzheimers NZ. This one-day event will showcase the latest research and updates, thought-provoking discussion and feature an impressive calibre of guest speakers from the sector.

Registration is free for people living with dementia or their whānau care partners. To register go to: <https://alzheimers-nz-repositioning-dementia-a-new-start.lilregie.com/booking/attendees/new>

Peer Social Groups Christmas Functions

The Motueka Social Group that meets weekly on a Tuesday morning finished off the year and celebrated the upcoming Christmas season with a lunch together at Kylie's Coffee & Food. Everybody was available to attend, along with their partners, husbands and wives. The atmosphere, food and company couldn't have been better!



A combined Christmas function was held for Sue's three Peer Social Groups at 75 Tahunanui Drive where everyone enjoyed a lovely festive lunch together and were entertained with Christmas music, including from the very talented and self-taught saxophone player Bill, as pictured. Plenty of fun was also had while playing "pass the parcel" and pulling Christmas crackers, making it a very enjoyable way for the Groups to end the year on.

FOR SALE - \$200.00

High Quality Sensor Mat /
Alarm.

If interested, call the office
on 03 546 7702.



14 Tips for Communicating with Older People who have Hearing Loss

1. Do not shout; use a normal tone of voice. Speaking loudly does not increase clarity and it may in fact cause confusion.
2. Speak clearly but without exaggeration. Speaking too slowly is patronizing.
3. When talking to or giving instructions to a person with hearing loss, sit in front of them so they can see you clearly when you talk to them. Watching your lips move as you speak may help them understand what is being said.
4. Do not speak into their ear.
5. Do not chew or eat while speaking to them.
6. Don't rely on hearing aids to be working perfectly. They may be low on batteries or not positioned properly.
7. Clients with poor hearing often have difficulty with consonants such as 'P', 'TH', 'S', 'F', 'T'. Take a marker and notebook and write down the word you want them to understand (in large letters if they have visual problems).
8. Eliminate glare so they can see your lips moving properly.
9. Eliminate background noises. Radio, traffic noise, even fans and air conditioners can hinder understanding.
10. Use gestures and visual aids and communication cards if they are happy to (see examples below).
11. Remember that if they are ill or tired this will interfere with their understanding.
12. Wait for the person to answer questions; older people take longer to process information.
13. Observe their body language to sense when they have had enough.
14. Remember the aim is to promote communication and generate positive emotions.

YES	 HAPPY	NO	YES	 PAIN - WHERE?	NO	YES	 TELEPHONE	NO	YES	 FAMILY	NO
 UNEURE	 TIRED	 SICK	 CALL NURSE	 TOILET	 SHOWER	 TELEVISION	 NEWSPAPER	 RADIO	 DENTIST	 HEARING AID	 HAIR DRESSER
 BORED	 SAD	 ANGRY	 HUNGRY	 HOT DRINK	 COLD DRINK	 WALK	 SIT UP	 LIE DOWN	 RELIGION	 ACTIVITIES	 INTERPRETER



GOLDEN BAY VISIT

Heather Lackner, Dementia Advisor/Educator, will be at the Heartland Service Centre, 84 Commercial Street, Takaka on
Thursday, 30th March 2023, 9.30am to 2.30pm.

For one-on-one appointments
providing information and support around living with dementia.
OR Join us for coffee at the Courtyard Café from 2.30–3.30pm

ALZ CAFÉ NELSON

2nd Thursday each
month, 10–11.30am,
Mitre 10 MEGA Café,
99 Quarantine Road,
Annesbrook

ALZ CAFÉ MOTUEKA

1st Wednesday each
month, 10–11.30am,
TOAD Hall, High
Street, Motueka

NOTE CHANGE OF VENUE FROM APRIL

RICHMOND CAFÉ
3rd Monday each
month, 10.30-12 noon,
ZINK Café, Richmond

Tahunanui Library Dementia Friendly Book Group

Wednesdays, 11-12 noon, weekly

Call Sue at Alzheimers Nelson Tasman
on 03 546 7702 for further details and to
secure a place.

Richmond Dementia Friendly Library Group

Tuesdays, 10.30-11.30am, weekly

Call our office on 03 546 7702
for more information.

RICHMOND LIBRARY DROP-INS

4th Wednesday, 9.30-11.00am

Call 03 546 7702 for more information.

MOVING ON Group Friendship and support
for people who have been carers. For more
info, contact: **Rae Hill on 03 547 6548**

Monthly Carer Support Groups

To attend a support group, contact
Heather or Sue on 03 546 7702

Richmond
(Holy Trinity Parish)
10-12 noon, 1st Tuesday

Nelson
(75 Tahunanui Drive)
10-12 noon, 2nd Tuesday

Stoke
(Baptist Church)
10.30-12 noon, 1st Wednesday

Stoke
(Summerset Village Clubhouse)
10-12 noon, 1st Thursday

Motueka
10-12 noon, 3rd Wednesday

Night Support Group
Zoom Meeting (please contact
Sue to confirm dates)

No Base Quiche

1 onion diced

Your choice of vegetables (potato, broccoli, peppers, cauliflower, mushrooms)

3 eggs

1 cup of milk

1/2 cup self-raising flour

1/2 cup cheese

Herbs



Cook the onion in one tablespoon butter.

Add the diced vegetables and sauté until cooked.

Place mixture into an oven-proof dish.

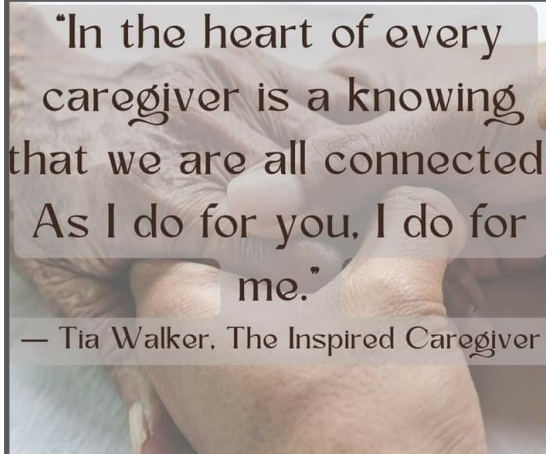
Beat the 3 eggs together with a cup of milk, add herbs and the cheese then pour this mixture over the vegetable mixture.

Top with more grated cheese if you wish.

Bake at 200°C for 20 minutes. You can add ham or whatever else you desire.

Enjoy

Join us and a Guest Speaker from Public Trust for an **Information Session on Enduring Power of Attorneys (EPOAs)** on Wednesday, 24th May, 10.30am-12 noon at 75 Tahunanui Drive. Please call the office to book a place.



RIDDLE ANSWERS: The Future Your Breath



Membership Now Due for 2023—2024

Individual or Household \$25.00
 Corporate Membership \$35.00

Membership subscriptions are now due for the membership period 1 April 2023 to 31 March 2024.

Your annual subscription helps us to continue our work in the community. You'll also receive our quarterly newsletter with articles and up-to-date events.

Payment can be made either by Internet Banking to our Westpac account 03 1709 0025074 00 using your surname and initials as reference, or by cash at our office (but please ring ahead before coming into the office as it may not always be attended).

Our thanks to those who have already paid their membership subscription for this financial year.
Your support is much appreciated!



Alzheimer's Nelson Tasman Annual General Meeting

Wednesday, 14th June, 1.30-3.30pm
75 Tahunanui Drive



Extending our deep and heartfelt sympathy

Our thoughts are with those families at this time who are adjusting to the loss of someone close.

Donations in lieu of flowers Thank you to all the families who have requested donations to Alzheimer's Nelson Tasman be made in lieu of flowers. These donations help us to continue giving support, information and education to those families who are caring for someone living with dementia.

Office Hours Please contact us on 03 546 7702 before coming to the office, as we do not want you to be disappointed if it is unattended.

Donation/Membership Form

Title (please circle) Dr / Mr / Mrs / Ms / Miss

First Name:.....

Surname:.....

Address:.....

Post Code:.....

Phone:.....

Email:.....

- I want to help you to provide valuable services and enclose a donation of \$.....
- I have donated \$..... via internet banking to Alzheimer's Nelson Tasman's Westpac Account: 03 1709 0025074 00

(Please ensure you still send us this form so we can track your donation and issue you with a receipt).

- I would like to become a member and enclose my subscription of \$.....
- I would like to become a member and have paid my subscription of \$..... via internet banking.
- I would like to commit to a monthly donation of \$..... (please send details).
- Please send me information on making a gift in my Will.



Alzheimers *Nelson Tasman*

Thank you to all those who support us!

Thank you Volunteers!

Donations made to Alzheimers Nelson Tasman

Our sincere gratitude to all who have made donations to Alzheimers Nelson Tasman during this past year. Your donations assist us to provide advice, support and information to an ever-increasing number of families living with dementia in the Nelson/Tasman area.

Remember you can claim a tax credit from Inland Revenue (using form IR526) at the end of a tax year if during that year you

- Made a donation of \$5.00 or more to Alzheimers Nelson Tasman
- are a NZ tax resident
- received taxable income.
- provide a valid receipt (which we will send to you if you make a donation)

The total claim in any year cannot exceed an individual's taxable income. The claim is limited to the lesser of 33.3% of an individual's taxable income or total donations made.

Grant and Corporate Support



Rātā Foundation



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY



Nelson City Council
te kaunihera o whakatū



Community Organisation Grants Scheme



Pub Charity
Limited



Your consumer-owned electricity distributor



Nelson Marlborough Health



THE LION FOUNDATION



MINISTRY OF SOCIAL DEVELOPMENT
TE MANATŪ WHAKAHIATO ORA



tasman
district council

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